

Types of Movement**Gross Motor Skills**

Movements which are controlled by large muscle groups
examples;

- kicking a ball
- riding a bicycle
- swinging a bat

Fine Motor Skills

Movements which are controlled by small muscles for detailed actions
examples;

- writing a sentence
- typing on a keyboard
- colouring in the lines

*Some activities have a combination of both types;
example: biathlons (skiing and shooting), driving a car*

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Muscle Memory

It is widely believed that muscles have "memory". You can practise a skill often enough so that your muscles will perform the action without you having to consciously control each movement.
le. Learning to ride a bike

Kinesthetic Sense

Along with our 5 other senses, (taste, touch, hearing, sight and smell) we have tiny proprioceptors within our joints which send information about the actions we are performing. It is through experience that we can learn which actions 'feel right' to our muscles.

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Closed Skills

These are skills which remain consistent and predictable, in set patterns, because the environment is unchanging. Example of a gymnastics floor routine, track and field events or skating routine. The athlete is in complete control of the skills and when they occur.

Open Skills

These are skills which may change with the unpredictable events of a game. The environment around the athlete is constantly changing and they must adapt quickly and apply the complex skills when the need arises. The example of hockey players shooting the puck after a good pass, or the goalie making a save when every shot has slightly different factors around it.

*Note: Not all skills fall neatly into open or closed categories
le Tennis, Track, Speed Skating all have components of both types.*

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